



Youth Wrestling Program

Wrestling instills self-discipline and builds self-confidence. The program begins with basic skills of wrestling and builds on these skills moving on to advanced wrestling techniques and live wrestling. Emphasis will be placed on improving strength and proper conditioning to ensure the health and safety of all. Former Hanover High School coach Bill Dunn will run the program. The program runs for eight weeks and takes place Monday evenings.

Wrestling for Grades 4 thru 12 **Open to All Skill Levels**

Location: Middle School

Dates: September 17th- November 19th
*no class on October 8th or November 12th

Times: 6:00-7:30 PM for grades 4-8
7:30-9:00 PM for grades 9-12.

Cost: \$50 for Program and T-shirt



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Hanover Parks and Recreation